

## **2010 TWENTY-SECOND PROFESSIONAL SEMINAR – OVERVIEW**

“Consciousness: The Endless Frontier,” The Monroe Institute’s Twenty-second Professional Seminar, could just as well have been titled “Back to the Future,” except keynote speaker Thomas Campbell, MS, had no damage to history to repair, unlike Marty McFly, the chief character in the film.

Tom delivered a tour de force address describing how he and fellow physicist Dennis Mennerich collaborated with Robert Monroe in the early 1970s to design experiments and develop the technology (Hemi-Sync®) for creating altered states of consciousness. “Physics, Metaphysics, and the Nature of Consciousness” successfully conveyed the essence of Tom’s My Big TOE (Theory of Everything) trilogy in the span of two and a half hours!

The keynote address was followed by an array of fascinating presentations that fit comfortably under its large umbrella.

Joseph Chilton Pearce, MA, drew on themes from his books *The Biology of Transcendence* and *The Death of Religion and the Rebirth of Spirit* to explore how we can transcend the limitations and constraints of our current capacities of body and mind.

Suzanne Evans Morris, PhD, demonstrated the efficacy of Hemi-Sync in facilitating fluent communication between mother and child in infancy despite special situations such as prematurity, chronic illness, gastrointestinal discomfort, and sensorimotor impairment. In a special evening session, Dr. Morris showed and moderated a discussion of a documentary titled *A New Kind of Listening* that dramatically and poignantly illustrated how the hidden communication capability of Christian—a child with whom she once worked one-on-one—could be freed with appropriate intervention.

Maurie D. Pressman, MD, gave a brief presentation on how Hemi-Sync can help us to move through the gate from the material to the subtle/spiritual by assisting in overcoming ego resistance.

Carolyn M. Ball, MA, LPC, who has given invaluable assistance in successfully navigating the application process for TMI's certification to provide continuing education credits, gave an upbeat account of the ROTE that launched her on a mission to bring Hemi-Sync out to helping professionals.

James D. Lane, PhD, professor of medical psychology in the Department of Behavioral Sciences, Duke University School of Medicine, described how he and colleague Jon Seskevich developed and tested a simple and brief program of nonsectarian meditation for stress reduction. The program was taught to 200 male and female volunteers who completed a variety of mood and stress questionnaires. Improvement was noted for all measures, with the degree of improvement depending on the frequency of practice. *Brief Meditation Practice Can Improve Perceived Stress and Negative Mood*, the paper based on the study, was published in *Alternative Therapies in Health and Medicine*, vol. 13, no. 1, Jan.–Feb. 2007, a peer-reviewed journal.

TMI president F. Holmes "Skip" Atwater, BS, reviewed the progress in testing whether mental coherence entrained during the *GATEWAY VOYAGE*® can affect sequences of data generated by truly random number generators (RNGs). The investigative design appears to have been fruitful, and *Exploratory Evidence for Correlations Between Entrained Mental Coherence and Random Physical Systems* was published by Dean Radin, PhD, senior scientist at the Institute of Noetic Sciences, and Skip in the peer-reviewed *Journal of Scientific Exploration*, vol. 23, no. 3, 2009.

At the reception following the previous Professional Seminar in 2008, Alex Bennet, PhD—cofounder with David Bennet, PhD, of Mountain Quest Institute—shared stories of the breakthroughs made by guests at their research and retreat center, where Hemi-Sync is always on the menu. Urged to share in more detail, Alex and David complied and provided one of the most engaging presentations on the schedule.

"The Seven Stages of Alchemy with METAMUSIC®" by Theresa Bullard, PhD, was a one-of-a-kind thrill ride and is the feature article in this issue. Enjoy!

This year's Hemi-Sync Intensive was a taste of the *Shaman's Heart* residential program facilitated by Byron Metcalf, PhD, and Karen Malik, MA, and was

enthusiastically received. Several professional members extended their stay at TMI to enjoy the week-long program that began on the Saturday following the seminar.

In view of all of the outstanding talent displayed at this seminar, who can say what exciting future voyages to the frontier of consciousness may await TMI professional members?

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